

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9422
N8 In 7
cop 7

Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE !

October 2, 1944

OCTOBER FOOD NEWS

It is Autumn and Harvest Time, and with it comes the report of the following foods expected to be in plentiful supply throughout the greater part of the country during October:

| | |
|-------------------------------|--------------------------------|
| Onions | Apple Butter |
| Fresh Apples | Citrus Marmalade |
| Small sizes of White Potatoes | Canned Green Beans |
| Peanut Butter | Frozen Vegetables, Baked Beans |

Dry Mix and Dehydrated Soups
Soya Flour and Flakes
Wheat Flour and Bread
Macaroni, Spaghetti and Noodles
Oatmeal

In addition to the above foods, watch your markets for locally produced fruits and vegetables which are in good supply.

Don't forget ONIONS are a Victory Food Selection through October 7th. Feature them on your daily menus.

Apples are coming to the market in good supply. Try slicing onions with tart apples very thin and serving them as a side order of salad.

(over)

RECIPES

BAKED STUFFED ONIONS

| Ingredients | <u>S e r v i n g s</u> | | |
|-----------------------------|------------------------|----------------------|----------------------|
| | 20 | 50 | 100 |
| Onions, large | 20 | 50 | 100 |
| White Sauce | 2 $\frac{1}{2}$ Qts. | 1 $\frac{1}{2}$ Gal. | 3 Gals. |
| Bread Crumbs | 2 $\frac{1}{2}$ Qts. | 1 $\frac{1}{2}$ Gal. | 3 Gals. |
| Fortified Margarine, melted | 1 $\frac{1}{4}$ Cup | 1 $\frac{1}{2}$ lb. | 3 Lbs. |
| Grated Cheese (if desired) | | | |
| Parsley, chopped | 1 Cup | 2 Cups | 2 $\frac{1}{2}$ Cups |

Peel Onions. Place in boiling, salted water, and cook fifteen minutes.

Remove and rinse in cold water.

Remove center, leaving two or three layers of onion.

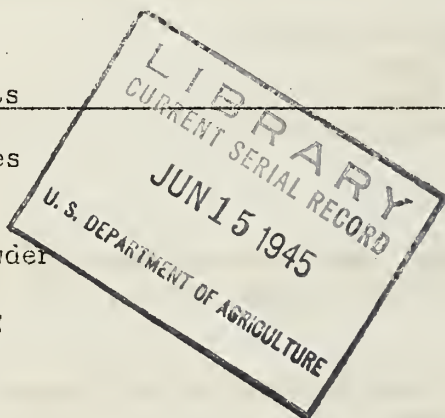
Chop center and mix with melted margarine, mix with bread crumbs.

Refill onions. Pour sauce over onions (if desired, sprinkle with grated cheese)

Bake 350° - 20 to 25 minutes.

DUTCH APPLE CAKE

| Ingredients | <u>S e r v i n g s</u> | | |
|---------------|------------------------|-------------|----------------------|
| | 20 | 50 | 100 |
| Sour Apples | 3-1/3 Lbs. | 8 Lbs. | 16 Lbs. |
| Flour | 2 Lbs. | 4 Lbs. | 8 Lbs. |
| Salt | 1 Tsp. | 2-1/4 Tsp. | 4 $\frac{1}{2}$ tsp. |
| Baking Powder | 2-1/4 Tbsp. | 5-2/3 Tbsp. | 11-1/3 Tbsp. |
| Sugar | 3-1/3 Tbsp. | 9 Tbsp. | 18 Tbsp. |
| Shortening | 1 Cup | 2-1/4 Cup | 4-1/2 Cups |
| Eggs | 3 | 7 | 14 |
| Milk | 2 Cups | 5 Cups | 2-1/2 Qts. |
| Cinnamon | 1-1/2 Tbsp. | 4-3/4 Tbsp. | 9-1/2 Tbsp. |
| Sugar | 6 Tbsp. | 1 Cup | 2 Cups |



Pare and core apples. Sift flour, salt, baking powder and sugar together.

Cut fat into flour mixture. Beat eggs slightly. Add to milk.

Add milk and egg mixture to sifted dry ingredients. Mix well.

Spread evenly in greased pan.

Arrange sliced apples in rows on the dough.

Mix sugar and cinnamon and sprinkle the apples with the mixture.

Bake in hot oven (400°) for about 25 minutes.